

Senior CONNECTION

At the Leon Mann Jr. Enrichment Center

JULY—AUGUST EDITION

HAPPY *4th of July* INDEPENDENCE DAY



"Laughter is America's Most Important Export" — Walt Disney

3820 Galantis Drive, Morehead City, NC 28557

Phone: 252-247-2626

(Hours: Monday - Friday - 8:00 AM to 5:00 PM)

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Coordinator*

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*Kitchen Services
Coordinator*

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Building Monitor

Les Pake
Building Monitor



Join us on Wednesday, June 30 at 10:00 AM

For a Independence Day Celebration!

Or join us virtually on Facebook!

www.facebook.com/leonmannseniorcenter



JULY CALENDAR

ACTIVITIES SCHEDULE – JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVERY WEEK	EVERY WEEK	EVERY WEEK	EVERY WEEK	EVERY WEEK
9:00 Arthritis Foundation Exercise Program 10:00 <u>Bridge-Carteret 499rs</u> 11:00 <u>Flexercise</u> 12:30 Bridge-Celebrity 1:00 Arthritis Foundation Exercise Program	9:00 Twisted Sisters 9:00 Tai Chi for Arthritis 10:15 <u>Stretchercise</u> 12:30 <u>Bridge-Carteret</u>	9:00 Arthritis Foundation Exercise Program 9:00 Yoga \$ (pre-register) 9:30 Canasta 10:00 Arts and Crafts 10:15 <u>Stretchercise</u> 10:30 <u>Senior Sing</u> 10:30 <u>Chair Yoga</u> 11:00 <u>Flexercise</u> 1:00 Arthritis Foundation Exercise Program	8:30 Bridge – Bonnie 9:00 Twisted Sisters 9:00 Tai Chi for Arthritis 10:00 <u>Bible Study</u> 10:15 <u>Stretchercise</u> 12:45 <u>Bridge – Chicago</u>	9:30 Bingo 11:00 <u>Flexercise</u> 12:30 Bridge – Friendly
			1	2
5	6	7 11:00 Senior Voice	8	9
12	13	14 12:00 Parkinson's Support Group	15	16 9:00 Kick Back with Kisha
19 1:00 <u>Mah Jong</u>	20	21	22 1:00 Beginner Shag Lessons	23
26	27 10:00 Health Seminar: "Smoothie Talk" (Rm. 118 & Virtual)	28 9:30 PROM "Roaring 20's" (Dining Room & Virtual)	29 1:00 Beginner Shag Lessons	30

Calendar subject to change without notice



UPCOMING EVENTS



Games!
Raffle!
Music!

End of Summer Luau Beach Party!

Main Dining
Room!



Wednesday,
August 18th
2021

If you can't be here in person, please join us "Live" on our FB
page: <https://www.facebook.com/LeonMannSeniorCenter>

Leon Mann Jr. Enrichment Center
3820 Galantis Dr., Morehead City, NC

www.hofam.com



2021 PROM!!!

Wednesday, July 28th, 2021
9:30AM-11:30AM
Main Dining Room

**Wear your best 20's
flapper/gangster attire!*

Dancing!
Prizes
Refreshments!



Entertainment by:
Pauline Smith

*If you can't be here in person, view it "Live"
on our Leon Mann Jr. Enrichment FB page!
<https://www.facebook.com/LeonMannSeniorCenter>

Leon Mann Jr. Enrichment Center
3820 Galantis Drive
Morehead City, NC 28557
252.247.2626



BRAIN TEASERS



4th of July Word Search

I V E F S B G F Z K Z R R U Q
F N M D C H R J D Z I H K Z Y
I Y D G A E N M U I J R J P A
R T H E E R I O F X Y W I U U
E U H D P Y A L U N T Y V A O
W N O H K E R P K K M O Y B D
O M D E R E N G O N C K H Y A
R T A T M A Z D B N B Z T W Y
K M Z M N S G I E S A T R Y S
S Z U K R Q T H O N G Z U A H
M S W H I T E A J W C Y O J I
Q Y G R Y H T B R B L E F U Y
I V A A E J E I L S A U M L W
A C I R E M A U G S Z B Y Y G
Z O I M A F E I B G F P T V O

AMERICA
BLUE
FIREWORKS
FOURTH

FREEDOM
INDEPENDENCE
JULY
PARADE

RED
STARS
SUMMER
WHITE



7	4			3			1	
	1	9		6	8	5		2
					4	3		
	5	6	3	7				1
		1	8				9	5
	9			2		6		
1		3	4		7	2		
5			2					8
	8				1	4	7	

COLOR ME



Roaring 20's Trivia

1. In what year was The Great Gatsby published by F. Scott Fitzgerald?
2. In 1926, US Route 66 was created and it ran between which two cities?
3. In what year did prohibition in the US begin?
4. The soft drink 7-UP was invented by Charles Leiper Grigg in what year?
5. In 1927, work on Mount Rushmore began, which four presidents are featured?

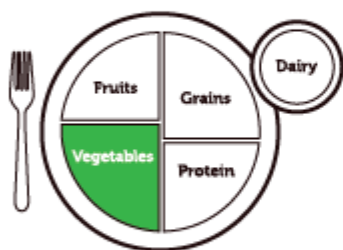
NUTRITION



TOMATO

WHAT IS IT?

One of America's most popular garden veggies, the tomato comes in hundreds of varieties. Enjoy fresh in the summer and canned year-round.

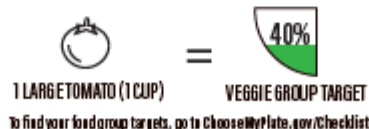
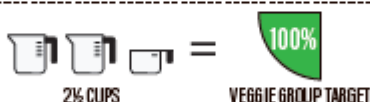


VARY YOUR VEGGIES

Aim to make half your plate fruits and vegetables. Tomatoes are a nutritious addition to help you get there.

HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. By eating 1 large tomato, you're almost halfway there!



FUN FACTS & TIPS

- Though tomatoes are botanically a fruit, the Supreme Court ruled them a vegetable in 1893.
- Add slices of tomato to your sandwich as an easy way to work toward your Vegetable Group target.
- Tomatoes are versatile! Mix them with melon for a fresh summer salad.



For more information go to ChooseMyPlate.gov
USDA is an equal opportunity provider, employer, and lender.

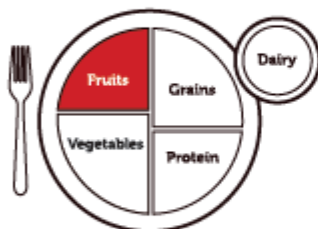
August 2017



STRAWBERRY

WHAT IS IT?

Available fresh in the spring and summer, strawberries are a fruit grown on flowering plants in the rose family.



FOCUS ON WHOLE FRUITS

Strawberries are a lower-calorie sweet treat that can be easily consumed fresh or frozen in a variety of snacks and meals.

HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Fruit Group target of 2 cups. Snacking on strawberries adds up quickly toward your goal!



FUN FACTS & TIPS

- Strawberries were first commercially grown in America in the 1800s.
- Approximately 90% of America's strawberries are produced in California.
- For a fun family outing, visit a farm that offers pick-your-own strawberries.
- Blend fat-free or low-fat yogurt with fresh or frozen strawberries for a sweet smoothie.



For more information go to ChooseMyPlate.gov
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August 2017



HURRICANE SEASON PREPARDNESS

The 2021 Hurricane Season has begun. Make sure your hurricane kit is stocked and ready!

- ☑ Water — 1 gallon per day for 3-7 days
- ☑ Non-Perishable and canned food supply for 3-7 days
- ☑ Batteries
- ☑ Cell phone and charger
- ☑ First aid kit.
- ☑ Flashlight
- ☑ Change of clothes
- ☑ Toiletries
- ☑ Cash
- ☑ Full tank of gas in your car



Carteret County Medically Fragile Registration

Medically fragile registration is a voluntary program that provides evacuation assistance and sheltering to residents during such times. Transportation assistance can be provided for individuals in an ordered evacuation area who may not have a means of transport to a shelter, and for those requiring health or medical considerations to the Medically Fragile Shelter.

WHO IS ELIGIBLE? CARTERET COUNTY RESIDENTS:

- Requiring transportation to and from a designated emergency shelter;
- Requiring, within the limits of services provided, assistance with mobility, oxygen, routine medication administration, routine health monitoring, etc.

Proper registration requires that registration forms be filled out completely. Forms that are not filled out completely will be returned. Older versions of this form and forms from other programs do not contain the required registration data and will not be accepted. A new form must be completed each year.

Please visit www.carteretcountync.gov to fill out your registration online. Or see a staff member to get a copy of the registration to be mailed to :

Carteret County Emergency Services
3820 Bridges Street. Suite D
Morehead City, NC 28557

RECIPES

No-Bake Peanut Butter & Chocolate Bites

Ingredients:

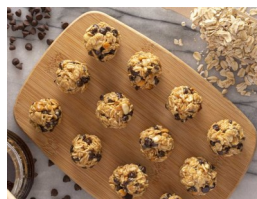
- 1/3 cup Low calorie sugar blend, such as Splenda
- 1/3 cup Skim milk
- 1/2 cup Peanut butter
- 1 tsp. Vanilla extract
- 2 cups Old—fashioned rolled oats
- 3 tbsp. Mini-chocolate chips

Directions:

In a small saucepan, combine sugar blend and milk over medium heat. Stir well and bring to boil for 1/1/2 minutes. Stir in peanut butter and vanilla.

Remove from heat and add oats. Stir until oats are evenly coated in the peanut mixture and everything has cooled. Fold in the chocolate chips.

Scoop oat mixture into 1 Tbsp. balls and place on waxed paper. Let cool and refrigerate.



Nutrition Facts	
24 Servings	
Serving Size	2 bites
Amount per serving	
Calories	80
Total Fat 3.5g	
Saturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 20mg	
Total Carbohydrate 9g	
Dietary Fiber 1g	
Total Sugars 4g	
Protein 2g	
Potassium 70mg	
Phosphorus 55mg	

Choices/Exchanges: 1/2 Carbohydrate, 1 Fat

BBQ CHICKEN PIZZA

Ingredients:

- 1/2 lbs. boneless, skinless chicken breast
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/4 sugar-free apricot pre-serves
- 1/4 cup barbeque sauce
- 1/2 tsp. hot sauce
- 1 12in whole wheat pizza crust
- 1 cup shredded carrots
- 1/2 thinly sliced red onion
- 1/2 reduced-fat shredded Italian-style cheese
- 1/2 dried oregano

Nutrition Facts	
6 Servings	
Serving Size	1 "muffin"
Amount per serving	
Calories	110
Total Fat 5g	
Saturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 60mg	
Sodium 340mg	
Total Carbohydrate 9g	
Dietary Fiber 1g	
Total Sugars 1g	
Protein 8g	
Potassium 150mg	
Phosphorus 50mg	

Directions:

Preheat the oven to 372 degrees F. Spray a baking sheet with cooking spray. Season the chicken with salt and pepper on both sides. Season the chicken with salt and pepper on both sides. Place the chicken on the prepared baking sheet and bake for 25 minutes or until the juices run clear. Remove the chicken from the oven and chop into half-inch pieces.

In a small saucepan, combine the sugar-free apricot preserves, barbeque sauce, and hot sauce. Bring to a boil. Spoon the sauce over the pizza crust. Top the crust with cooked chicken, sliced onion, carrot, and cheese. Sprinkle the cheese with the dried oregano. Bake the pizza for 20-25 minutes or until the cheese is melted and bubbly.

*American Diabetes Association



CENTER HAPPENINGS

Thursday Morning Bridge

8:45 to 11:30 AM Thursdays

Welcoming informal bridge. After every six hands players change partners. A total of eighteen hands are played. Players contribute fifty cents towards modest prizes at the end of play. Join for a fun game and friendly atmosphere!

RESERVATIONS NEEDED

Call Stephen Ryans at 252-247-6411

Bridge Lessons: Every Monday at 12pm

Contact John Gignilliat at 910-326-2188

Looking for Pinochle players!

Join the fun in the library!

Calling All Cribbage Players!

If you are interested in starting a Cribbage group please contact:

Terrie Hostmark 252-515-2370



TRIVIA ANSWERS (from Page 5) 1. 1925 2. Chicago & Los Angeles 3. 1920 4. 1929
5. Washington, Jefferson, Rossevelt, Lincoln